

# Presentation to the State Board of Education

## August 2, 2017

### New Jersey Social and Emotional Learning Competencies—Proposed Revisions:

- **Self-Awareness**
  - [Identify] **Recognize** one's feelings and thoughts
  - Recognize the impact of one's feelings and thoughts on one's own behavior
  - Recognize one's personal traits, strengths and limitations
  - [Demonstrate] **Recognize the importance of** self-confidence in handling daily tasks and challenges
- **Self-Management**
  - Understand and practice strategies for managing one's own emotions, thoughts and behaviors
  - [Establish] **Recognize the skills needed to establish** and achieve personal and educational goals
  - Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals
- **Social Awareness**
  - Recognize and identify the thoughts, feelings and perspectives of others
  - Demonstrate an awareness of [other's cultural backgrounds and respect for] **the** differences [between] **among** individuals, [and] groups **and others' cultural backgrounds**
  - [Understand social and ethical norms in order to interact effectively]
  - **Demonstrate an understanding of the need for mutual respect when viewpoints differ**
  - **Demonstrate an awareness of the expectations for social interactions in a variety of settings**
- **Responsible Decision-Making**
  - Develop, implement and model effective problem solving **and critical thinking** skills
  - Identify the consequences associated with one's actions in order to make constructive choices
  - Evaluate personal, ethical, safety and civic impact of decisions
- **Relationship Skills**
  - Establish and maintain healthy relationships
  - Utilize positive communication and social skills to interact effectively with others
  - Identify ways to resist inappropriate social pressure
  - Demonstrate the ability to prevent and resolve interpersonal conflicts in constructive ways
  - Identify who, when, where, or how to seek help for oneself or others when needed